

Q: What happens if I don't use my WIC check by the "Last Date to Use" date on the check?

A: The check is no good and can no longer be used. Checks have a limited time of use to encourage regular purchases of healthy foods for you and/or your children.

Q: Why are some WIC foods "store brand" only?

A: Store brands usually cost less and have the same nutritional value. More Nebraskans can be served by the WIC program with these cost savings.

Q: Why are fruit/vegetable checks for a dollar amount and other checks list specific items, but no dollar amount?

A: Because of the enormous variety of fresh fruits and vegetables, WIC program leaders thought it would be better to provide a cash-value voucher rather than limit selection to a few fruits and vegetables. Unlike cereals, where some are loaded with unhealthy sugar, almost every fruit and vegetable is healthy for you, so there's no need to limit which you can have. The exception is potatoes, because studies show that most people already eat plenty of potatoes, so they are not allowed.

Q: What am I required to take to the store when shopping?

A: The only required item is your valid WIC check(s). But, it's really useful to take your Nebraska Approved Foods list and WIC Identification folder with you to ensure a smooth shopping experience.

Q: Can I combine my WIC fruit and vegetable checks so that instead of two \$6 check transactions, I can purchase \$12 of fruits and vegetables at one time?

A: Unfortunately, no. Each WIC check must be handled as a separate transaction. It's the best way to monitor the system and make sure everyone is following the rules.

Q: What happens if my WIC checks are lost or damaged?

A: Notify your local WIC office if checks are lost, stolen, damaged, or destroyed. Treat your WIC checks like money. Keep them in a safe place.

For more information visit:

**[www.hhs.state.ne.us/
nutrition/wicindex.htm](http://www.hhs.state.ne.us/nutrition/wicindex.htm)**



Answering Your Questions about WIC



Provided by the Nebraska WIC Nutrition Program
Nebraska Department of Health and Human Services
dhhs.ne.gov

WIC is an equal opportunity provider.

Q: Why all the emphasis on separating my items at checkout?

A: Speed and accuracy. Stores know that you want to move quickly through checkout. Because each WIC check must be handled as a separate transaction, it's faster for the cashier (and you) if your items are separated by WIC check.

Q: Why is the limit for cereal "Up to 36 ounces"?

A: Cereal is sold in many different weights. It's easier to give a maximum amount than to limit your choices to a one size. Stores cannot allow you more than the maximum amount, even if it's only an ounce or two. Use the chart in the Nebraska WIC Approved Foods List to help you add the weights of cereals.

Q: How are foods selected to be on the authorized list?

A: Food items are chosen that support the Dietary Guidelines for healthy Americans and provide affordable value. Typically foods are natural, packed with important nutrients, and promote healthy weight. The program has grown over the years to include more whole grains, fruits, and vegetables.

Q: The cashier at the store was very impatient and made a loud comment about hating to do WIC transactions. It was embarrassing. What should I do?

A: Recognize that the service you received was not acceptable. Cashiers at WIC retailers are trained to be respectful, professional and discrete. Share your experience with a manager at the store and with a staff person at your WIC clinic. The point isn't to get someone in trouble, but to make sure the experience isn't repeated.

Q: Buying juice is confusing. What's the secret to making it easier?

A: Become an expert at reading labels. First, WIC only allows 100% juices. Sometimes products look like juice, but are actually "juice drinks" or "juice cocktails". These drinks have sugar added to them and are not as healthy as 100% juice. Second, look for the volume on the label – it's usually in the bottom right corner and will be given in ounces (oz.) Third, find the flavor on the label. Some flavors are WIC approved and others are not depending on the brand. The secret is to take an extra five seconds to check the label with the Nebraska WIC Approved Foods List.

Q: Can I use my WIC checks anywhere?

A: You can use your WIC checks at any Nebraska WIC authorized retailer. Your local WIC clinic has a listing of all approved stores and stores should have a decal on the door with the WIC logo identifying themselves as an authorized retailer.

Q: Some pharmacies are Nebraska WIC authorized retailers. What type of WIC check may I use there?

A: You may only use WIC checks for prescription infant formulas at these pharmacies. WIC checks for food items and regular infant formula cannot be used at these pharmacies.

Q: Can other people shop for me using my WIC checks?

A: Yes. When at the WIC clinic you can assign an alternate shopper to use your WIC checks and purchase WIC foods on your behalf. After you designate someone as an alternate shopper for you, give them the WIC check and teach them about proper procedures for selecting foods and checking out. Remember, they represent you at the store. If they create a problem, you are responsible.